



WEEK OF OCTOBER 31, 2022 WEEK 43/52

It's Not Tatsoi!

This past Saturday at the market I learned that what we thought was a Tatsoi is actually Komatsuna. We set up the stand in the dark, so all we could see were dark green leaves and thin stems. It's kind of crazy but I don't even remember ordering the seeds for this, but when you are dealing with so many plant varieties, it is kind of easy to lose track.

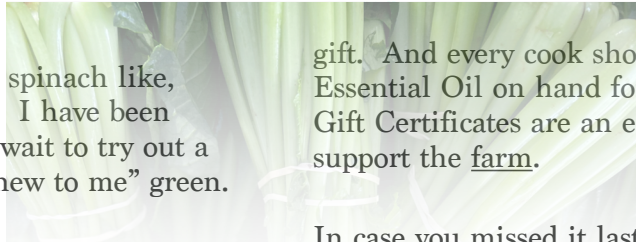
In any case, this past Saturday a very kind Japanese woman was so excited when she saw them at our stand, she couldn't believe it! Apparently, Komatsuna is not so easily found here. While she was telling me how she cooks it, or eats it raw in a salad, a few other Japanese ladies showed up and they were all buzzing and sharing stories. One of the things I loved about the way they talked to me about vegetables is they always started with how nutritious it is, and then they talk about how it tastes. I realized they look at food as nourishment, whereas very often in our culture we see it as something to fill our bellies and satisfy cravings.

But getting back to Komatsuna, it is also known as Spinach-Mustard or Mustard-Spinach. And I have to say, even though it looks rather similar to Tatsoi, it really is far more spinach like, very delicate leaves, stems and flavor. I have been using it in soups this week and can't wait to try out a few other dishes incorporating this "new to me" green.

According to legend (and wikipedia), in 1719 Tokugawa Yoshimune, the eighth Shogun, visited Edogawa, Tokyo on a hunting trip and was fed this local vegetable. He so loved the flavor he named it Komatsuna after the nearby Komatsu River. To this day it is still offered to the deities at the local shrine on New Year's Eve, reported to bring good luck.

Over the centuries Komatsuna was bred to have a lighter/sweeter taste. It does not like extended heat or cold, so it makes a good spring and fall crop. But I think we could grow it through much of the winter. It is a beautiful dark green, always a good sign that you will be getting a decent amount of iron and calcium, plus other minerals.

Rummaging around the internet I stumbled on a recipe for Pickled Komatsuna. This was done Shoyuzuke style. Also known as Soy Sauce Pickling, it is quite easy and according to Nami of "Just One Cookbook", Komatsuna is commonly pickled this way.



I'm sure you can feel my excitement for this new to us vegetable. I hope you and your kids will love it too.

Garlic

Last week we picked up 400 lbs of seed garlic. We were able to take the extra few hundred pounds from Terra Firma, which was great because it saved an extra delivery. Jose and the crew dropped the cloves into the ground last Thursday. And I am sure yesterday's rain is making all of the seeds we have sown very happy. The garlic sown in late October will bring us Green or Spring Garlic come March. Garlic is a crop that gives and gives, first when we harvest the tender stems and later the mature bulbs. And we are still enjoying the last bit of this year's crop.

Holiday Gifts

Yes, it is that time of year again! The farm produces many items that make lovely holiday gifts. Our salts, now available in two sizes, are a great alternative to the typical bottle of wine we often bring as a host

gift. And every cook should have a bottle of Lavender Essential Oil on hand for those minor cooking burns. Gift Certificates are an easy gift and a great way to support the farm.

In case you missed it last week, we have a new Pillow Spray. I have been using it the past week and I think it is helping me sleep more soundly! I was skeptical, but it seems to really make a difference. The ingredients are simple and clean:

- Lavender Hydrosol,
- Grain/Cane Alcohol,
- Red Turkey Oil
- essential oils of Lavender and Hops. I hope you will give it a try.



If you aren't familiar with a few of the other items we make, we have massage balm, sugar scrubs, salve, Lavender or Rose Geranium Sugar Scrub and more. Code **HOLIDAYS22** to save 20% on our Salts and Lavender products.

RECIPES AND IDEAS FROM LORRAINE

This week's fruit comes from Terra Firma, Fuyu Persimmons. Fuyu's are meant to be eaten firm, unlike the Hachiya persimmon which you allow to ripen until it is mushy. You can eat them like an apple or enjoy them chopped into your morning breakfast cereal or some yogurt. But one of my favorites is to use them in a salad. And right now we have so many delicious greens that pair really well with Persimmons, I would suggest you give this a try.

Arugula Persimmon Salad

Recipe found on [Real+Vibrant](#)

For this recipe you could use Katsumona if you have the Box for 2. If you have radishes in your box this week you can add those to your salad as well.

4 cups Arugula, rinsed and dried
1 Persimmon, peeled and sliced
½ cup Pomegranate Seeds
¼ cup roughly chopped Walnuts
¼ cup Pumpkin seeds
2 tbsps Extra Virgin Olive Oil
1 TB Lemon Juice

Salt and Pepper, to taste

Prepare the dressing. In a small bowl, combine the olive oil, lemon juice, salt, and pepper. Stir and set aside. In a large bowl, combine the arugula, pomegranate seeds, persimmons, walnuts, and pepita. Drizzle with dressing and toss. Serve.

Sweet Potatoes or Winter Squash For Breakfast

A few years ago one of our members, Kristina, told me she cooked up Sweet Potatoes or Winter Squash, mashed it, added butter cinnamon and maple syrup and at that for breakfast. Roast up some sweet potatoes the night before. In the morning, when they are cold, you can quickly peel them, add them to a pot with butter or coconut oil and milk of choice, mash and heat on low temps until heated through. Add some chopped nuts, maybe some sunflower or pumpkin seeds, cinnamon and nutmeg, brown sugar or maple syrup or honey or no sweetener at all. I like to add a bit of citrus zest to really pop the flavor. Or go for a breakfast with a bit more ooompf like this one I found on [Ambitious Kitchen](#). The original recipe uses Acorn but you can easily make this with the Delicata in this week's box.

Protein Packed Breakfast Squash

1 Delicata Squash
2 tsp Coconut Oil
1/2 tsp Cinnamon
2 tsp Brown Sugar
1 cup nonfat plain Greek yogurt, divided
2 tsp Honey
2 TB chopped Pecans

Preheat oven to 400 degrees F. Line a baking sheet with foil. Cut acorn squash in half lengthwise and scrape out seeds. Place halves facing up on foil-lined baking sheet. In a small bowl, mix together coconut oil and cinnamon. Use your fingers to rub each half of the flesh of the acorn squash with the coconut oil and cinnamon mixture. Place 1 teaspoon of brown sugar in the middle of each half and rub into the squash. Bake for 45-60 minutes or until squash is fork tender. Once squash is done, allow to cool for 5-10 minutes then place on plates or put in tupperware if you are planning to enjoy this later. When ready to serve, make

sure squash is warm then scoop 1/2 cup yogurt into each squash half. Drizzle each with a teaspoon of honey and pecans. Serves 2. Enjoy!

End of the Season Baba Ganoush

Last week I hosted the Vacaville Rotary Club's Social. And for this gathering I made my easy version of Baba Ganoush. If you have any eggplant hanging out from previous weeks throw those into the oven too. This is a great way to get through the old stuff. Sliced Radishes or Turnips are great to dip into Baba Ganoush. And if you have the family box raw Broccoli or thin slices of Fennel would be delicious.

About 2 lbs of Eggplant, washed and kept intact

1 clove Garlic, or more if you like it garlicky

1/4 cup plain Greek Yogurt Or you

can go traditional and use 1 TB Lemon Juice.

2 TB Tahini

Tasty Olive Oil

1 TB Parsley if you have some on hand, but I didn't so I didn't use any, and really didn't miss it.

Salt to taste, I used our Lemon Salt

Chopped Chives for garnish

Preheat the oven to 375. Put the wash eggplant/s on to a baking sheet, poke with a knife or fork a couple of times and pop in the oven. Bake until it is soft all the way through, about 30 minutes. When the eggplant is done, allow it to cool so you can handle it. Cut in half, scrape the soft flesh into the bowl of a food processor. Add the yogurt and garlic and pulse to chop up a bit. Pour in some olive oil and run until smooth. Add more olive oil as needed, taste and add salt. Taste again and adjust seasoning if you like. You can add other spices like paprika or cumin, but I kept mine really simple.

Creamy Garlic Swiss Chard Chicken

You could make this recipe with most of the greens we have in this week's box.

4 bone in, skin-on Chicken Thighs

1 TB Salted Butter

1 TB Vegetable Oil

2 TB Butter

7-8 Cloves Garlic, smashed then roughly chopped

8 cups roughly torn Greens

1 cup Chicken Stock

1/4 cup Heavy Cream

1/3 cup freshly grated Parmesan

1/2 tsp Lemon Juice

Preheat the oven to 400 F. Melt butter and oil together in a large frying pan over medium-high heat. Add in the the chicken thighs. Fry until the skin is very crisp and brown on both sides. Drain the chicken and place into a 8x8 baking pan of choice. Drain the fat from the pan and place back on the stove. Melt the next two tablespoons of butter, Add in all of the garlic and fry for 1 minute. Add in the swiss chard and then saute until it shrinks. Whisk in the chicken broth, cream and Parmesan. Add in lemon juice to taste. Cook for an additional 2-3 minutes. Pour the Swiss chard and cream sauce over top of the chicken. Bake the chicken in the oven for 25-30 minutes or until the thighs reach a temperature of 185°F and are tender and cooked all the way through. Remove and serve.

This Week's Box

*TF Persimmons

*Winter Squash

*Sweet Potatoes

* Turnips OR Radish

*Katsumona

*Chives

*Eggplant OR Zucchini

Mustard or Mizuna

Arugula

Chard OR Spinach

Fennel Or Broccoli

* = *Items in Box for 2*